



# health promotion



## Health Promotion Schedule

### Summer/Fall 2019

PROGRAM	DATE	TIME	LOCATION
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	21 & 22 Aug	0800-1600 / 0800-1200 hrs	Willow Park
<u>Respect in the CAF</u>	18 Sept All Ranks	0800-1600 hrs	Willow Park
<u>Respect in the CAF</u>	19 Sept All Ranks	0800-1600 hrs	Dockyard
<u>Respect in the CAF</u>	20 Sept All Ranks	0800-1600 hrs	Willow Park
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	26 & 27 Sept	0800-1600 / 0800-1200 hrs	Shearwater
<u>Inter-Comm</u> <i>(Interpersonal Communication)</i>	3 Oct	0800-1530 hrs	MFRC Halifax Site
<u>Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</u>	8 Oct	0800-1600 hrs	Stadacona
<u>Respect in the CAF</u>	9 Oct All Ranks	0800-1600 hrs	Willow Park
<u>Respect in the CAF</u>	10 Oct All Ranks	0800-1600 hrs	Willow Park
<u>Better Health: Fundamentals</u>	15 Oct – 3 Dec	1300-1530 hrs	Dockyard

PROGRAM	DATE	TIME	LOCATION
<a href="#">Better Health: Top Performance</a>	24 & 25 Oct	0800-1500 hrs	Shearwater
<a href="#">Respect in the CAF</a>	30 Oct <i>All Ranks</i>	0800-1600 hrs	Stadacona
<b>NEW!</b> <a href="#">Better Health : Nutrition Edition</a>	6 Nov	0800-1600 hrs	Stadacona
<a href="#">Managing Angry Moments</a>	8, 15, 22 Nov	0800-1200 hrs	Shearwater
<a href="#">Respect in the CAF</a>	13 Nov <i>All Ranks</i>	0800-1600 hrs	Willow Park
<a href="#">Respect in the CAF</a>	14 Nov <i>All Ranks</i>	0800-1600 hrs	Stadacona
<a href="#">Family Violence Awareness</a>	15 Nov	0800-1200 hrs	Shearwater
<a href="#">Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</a>	20 & 21 Nov	0800-1600 / 0800-1200 hrs	Dockyard
<a href="#">Mental Fitness &amp; Suicide Awareness (MFSA) (MITE Code)</a>	10 Dec	0800-1600 hrs	Dockyard
<a href="#">Stress.calm</a>	12 & 13 Dec	0800-1600 / 0800-1200 hrs	Shearwater
<a href="#">Family Violence Awareness</a>	13 Dec	0800-1200 hrs	Stadacona

**FREE! Open to CAF members, civilian DND employees and CAF dependants 18 yrs +**

For more information and/or to register, please visit [www.cafconnection.ca/Halifax/hpschedule](http://www.cafconnection.ca/Halifax/hpschedule)

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